

WHAT IS CLAIMED IS:

1. A game, comprising:
 - 5 A plurality of collections of instructions, each collection requiring a player to carry out a task, performance of the task determining the player's advancement through the game;
 - 10 each collection of instructions are directed to a response which stimulates substantially one human memory system; and
 - 15 rules of play which direct players to select the instructions from more than one collection of instructions during play, and respond by performing the task required by the instructions, whereby players responses stimulate more than one human memory system.
2. The game of claim 1, wherein the human memory systems are selected from the group consisting of the short-term memory system, the semantic memory system, and the episodic memory system.
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3. The game of claim 2, in which, in the same game, some of the instructions call for responses which are competitive, and some of the instructions call for responses which are non-competitive.
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4. The game of claim 2, in which, in the same game, some of the instructions call for responses which are judged, and some of the instructions call for responses which are judgment free.
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5. The game of claim 2, wherein the number of collections of instructions is three, and the number of human memory systems stimulated is therefore three.
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6. The game of claim 1, further comprising a plurality of decks of cards, the cards containing the collections of instructions, wherein the cards contain the instructions.
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7. The game of claim 6, wherein the human memory systems are selected from the group consisting of the short-term memory system, the semantic memory system, and the episodic memory system.

8. The game of claim 7, wherein the number of collections of instructions is three, and the number of human memory systems stimulated is three.
- 5 9. A game, comprising means for stimulating a plurality of human memory systems.
10. The game of claim 9, wherein the human memory systems are selected from the group consisting of the short-term memory system, the semantic memory system, and the episodic memory system.
- 15 11. The game of claim 10, in which the means for stimulating a plurality of human memory systems comprises a set of instructions having a structured relationship to one another.
- 20 12. The game of claim 11, wherein the number of human memory systems stimulated is three.
13. A method of game play, comprising:
 - 25 Selecting a plurality of instructions from a plurality of collections of instructions, each collection of instructions requiring a player to carry out a task, each collection of instructions are directed to a response which stimulates substantially one human memory system; and
 - 30 Responding to selected instructions, consistent with rules of play which direct players to select the instructions from more than one collection of instructions during play, by performing the task required by the instructions, whereby players responses are based on use of more than one human memory system.
- 35 14. The method of game play of claim 13, wherein the human memory systems are selected from the group consisting of the short-term memory system, the semantic memory system, and the episodic memory system.
- 40 15. The method of game play of claim 14, wherein the plurality of collections of instructions have a structured relationship to one another.

16. The method of game of claim 15, wherein the number of human memory systems stimulated is three.
17. The method of game play of claim 16, further comprising:
 - 5 moving a marker on a game playing surface marked with indicia which substantially define a first path and a second path after performing the task, the first path and the second path having spaces along their length and intersecting one another more than once;
 - 10 switching between the first path and the second path at a space where the first path and the second path intersect one another.
- 15 18. The method of game play of claim 17, wherein at least one collection of instructions calls for responses which are judged, and at least one other collection calls for responses which are not judged.
19. The method of game play of claim 17, wherein at least one collection of instructions calls for responses which are competitive, and at least one other collection of instructions calls for responses which are not competitive.
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